

Summer Intentions—Week 8

I intend to spend this day with all the curiosity and imagination that God gave me.

I intend to spend this day with God.

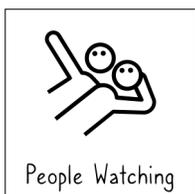
I intend to share my joy.



Day 36 – Today I will notice **WALKING**. Is it easy? A struggle? Smooth? Fast? Slow? I will notice people who “walk” in a wheelchair or scooter. I will notice toddlers being determined to master the skill. I will notice those with crutches or canes. I will notice the sounds different shoes make. I will notice people walking with a purpose and those who are sauntering (or looking at their phones!).

Leviticus 26:12 (NRSV) And I will walk among you, and will be your God, and you shall be my people.

How will I share this day? Walk a 5K for charity? Start a walking routine for health and happiness? Volunteer where elderly people need some help getting around?



Day 37 – Today I will be delighted in **PEOPLE WATCHING**. I will be aware of all the different people I encounter today. Some of the people I rarely notice. I will look at their faces and the way they move through space and I will know that we are brothers and sisters on this earth.

Galatians 3:28 (NRSV) There is no longer Jew or Greek, there is no longer slave or free, there is no longer male or female; for all of you are one in Christ Jesus.

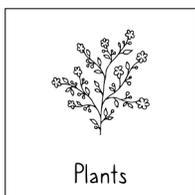
How will I share this day? Tell a friend about someone you noticed today? Write a song or poem about someone you noticed? (Be careful about publishing photos of others without permission.)



Day 38 – Today I will be aware of **DAYDREAMING**. Sometimes daydreaming is a good way to wonder and plan. Sometimes a wandering mind is distracting and a way to procrastinate. Today every time I catch myself daydreaming I will recognize it and decide if it’s appropriate. Am I driving? Get my mind back on the road! Am I taking a bath? Perfect!

Philippians 4:8 (NRSV) Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

How will I share this day? Write a poem about my thoughts? Share favorite daydreams with a friend? Dream up the answer to a problem that would help the world (or at least my neighborhood)?



Day 39 – Today I will notice all the **PLANTS** – from moss in the sidewalk to trees and grass and flowers. I will notice differences and similarities. I will be grateful for the food sources and for the oxygen released from them. I will delight in the shapes and colors and sizes.

Matthew 6:28b-29 (NRSV) Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these.

How will I share this day? Plant a flower? Plant a tree? Visit a nursery, or forest? Tell about the day to an elderly friend? Get their stories?



Day 40 – Today I will notice **SECOND CHANCES**. Did my car start on the first try or did it need a second chance? Did I walk into the wrong room and then correct myself? Did I use or pronounce a word incorrectly and try again? Our Christian faith is clear that second (and third and 77) chances are at the center of our relationship with God. Did I hurt someone? I can ask for forgiveness and a second chance. How many times can I see examples of this in a day?

Matthew 18:21-22 (NRSV) Then Peter came and said to Jesus, “Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?” Jesus said to Peter, “Not seven times, but, I tell you, seventy-seven times.

How will I share this day? Contact someone who has hurt me and forgive them? Support companies that hire people who have been in prison? Welcome those who have left and returned? Be generous about granting second chances!